Notes on Foods

and

Food Values

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Introduction to Second Edition.

NOWADAYS a great deal is being said about food and the important part which proper food plays in maintaining normal, vigorous health. In the past, much has been said on the same subject, but there is now this difference, that very influential and well-known people are saying it; people who hold the public confidence and, who, moreover, have the columns of the daily press open to them.

Large numbers of the general public, who never previously thought anything at all about it, are now wanting to know more. It is for these people that we have printed these notes and tables of food values, believing that they will be helpful. It is our hope that the widespread interest which has been aroused in the subject of diet has come to stay, and that people will realise that the old system of eating what they like, and then relying on drugs to repair the damage, can only have one certain result—ill-health—sooner or later.

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Vitamins.

Strachey's lines, culled from his "River of Life," are still up-to-date, except in the spelling of the word :—

> "The analytic Chemist can assign
> In every hundred a clear ninety-nine.
> The unknown Vitamine eludes his pains,
> Though 'tis that Vitamine that lives and reigns."

Fruits, Vegetables, and Nuts contain vitamins, which, like all things in nature, vary in kind and degree in each of these natural products. Vitamins are also present in certain animal products, derived chiefly from vegetable sources.

There are six vitamins at present known to science, designated A, B, C, D, E, F, and doubtless others will be discovered in due course. The E and F vitamins are found solely in vegetable substances.

In some foods vitamins exist in a dormant condition, but may be aroused into potency by the ultra-violet ray.

Again : cereals and pulses contain no "A" vitamin, but if allowed to germinate in water they all acquire it in large quantities, a point of great practicable significance.

Fats have their vitamins crowded into 1% of their mass leaving 99% devoid of them. Legumes (Peas, Beans, etc.) have their vitamins distributed throughout their substance, but cereals contain them only in their outer coverings.

The whole subject of Vitamins is highly complex, for scientists find that the Poet above quoted was exactly true in indicating their elusiveness, since science has not yet been able to isolate them, and

therefore their existence cannot be demonstrated by chemical analysis, neither is it yet possible to give a clear definition of them.

Attempts are now being made to indicate their presence by colour tests, but up to the present without conclusive result.

While the vitamins remain elusive and their real character unknown, their effects are clearly demonstrable.

Happily, also, for **practical purposes,** the application of the new knowledge is simple and easy, and can be well summed up by repeating the dietetic advice we have consistently given for over twenty-five years, namely :—Let your diet consist of a variety of the products of the vegetable kingdom in their due seasons, using as many as possible raw ; to these may be added milk, cheese, and eggs. Prolonged cooking in open vessels destroys the vitamins, they are conserved if cooked *en casserole,* and also by the processes followed in Mapleton's factory.

The " Encyclopædia Britannica " very sapiently observes " By riveting our attention upon Microbes and Toxins, we had sadly neglected the side of the question (of disease) which concerns itself with our own defences."

According to the same authority, absence of vitamins causes disease ; supply cures and prevents it.

Specifically it is indicated that deficiency or absence of vitamins is responsible for ill-health manifesting in a general lowering of tone, or feeling below par, to more definite conditions such as Nerve Diseases, Diseases of the Eye, Rickets, Indigestion, Constipation, Appendicitis, Colitis, Arthritis, Dental Caries, Gout, Diabetes, Deficient Gland Action, etc.

The Vitamins may be tabulated as follows :—

A. Fat Soluble : Growth promoting, essential to children and young animals.

B. Water Soluble : Anti-neuritic, essential to normal nutrition at all ages.

C. Water Soluble : Anti-Scorbutic.

D. Fat Soluble : Anti-Rachitic, essential to children and young animals.

E. Fat Soluble : Anti-Sterility in both sexes.

Some of the sources of supply are :—

A. Cabbage, Carrots, Cauliflower, Spinach, Watercress, Cod Liver Oil.

B. Yeast, Liquid Verva, Wheat germ, Eggs, Seeds.

C. Lemon and Orange juice, Fresh Fruits and Vegetables (not dried), Tomatoes, Green Leaves, Swede and Turnip juice, Cabbage leaf juice. (Note : Lemon and Orange juice lose their Vitamins if exposed to air to the extent of 80 per cent. in 30 minutes.)

D. Sunshine, Cod Liver Oil, Yeast after activation by Ultra-Violet ray.

E. The germs of Cereals (as Wheat, Barley, Oats), Lettuce, Peas, Vegetable Oils, Nutter, Nut Butters.

Mineral Salts.

It would not be easy to overstate the important part played in the human economy by the mineral salts: they are absolutely essential to health and cannot be replaced by drugs.

Teeth, nails, bones, hair, blood, brain and nerves all depend upon the organic salts which fruits, nuts, grains and vegetables can alone supply. All cooked vegetables should be cooked in such a way as to prevent the escape of these elements, which can best be secured by cooking in closed vessels, such as tightly closed jars placed in an oven, saucepan or steamer (*en casserole*), with no more than the quantity of water the food will absorb; and it should always be remembered that green salad, uncooked foods and fruits contain unaltered the full percentages shown in the table, which has been carefully prepared from the best authorities.

The mineral matters in flesh foods are poisonous.

Oxide of Iron is required for the blood, which cannot be kept in health without it. Its need is indicated in Anæmia and general debility.

Nettle, Leek, Spinach, Lentils, Lettuce are specially rich in Iron.

Sodium is important for the tissues, and neutralises waste acids which otherwise cause Rheumatism, Consumption, Anæmia and other diseases.

Spinach, Lentils, Endive, Apples, Strawberries are specially rich in Sodium.

Magnesia plays an important part in the construction of bone and cartilage. The flexibility of the bones depends upon its presence and it also gives elasticity to the muscles.

Barley, Walnuts, Wheat, Oats, Peas are specially rich in Magnesia.

Lime is essential for the bones and teeth.

Nettle, Dandelion, Cabbage, Lentils, Walnuts are specially rich in Lime.

Potash is utilised in the body as a solid tissue base, doing for the tissues what the Lime does for the bones and teeth. Its need is indicated in cases of Scurvy.

Peas, Lentils, Haricot Beans, Potatoes are specially rich in Potash.

Phosphoric Acid forms a powerful acid in combination with the other salts for use in the tissues, brain and nerves, as well as the bones and cartilage.

Lentils, Peas, Walnuts, Barley, Wheat are specially rich in Phosphoric Acid.

Sulphuric Acid is a negative element used in the construction of hair, nails and cuticle.

Nettle, Cabbage, Spinach, Savoy Cabbage, Cauliflowers are specially rich in Sulphuric Acid.

Silicic Acid is an important constituent in the enamel of the teeth as well as the hair, skin and nails.

Oats, Barley, Lettuce, Dandelion, Strawberries are rich in Silicic Acid.

Chlorine is an intestinal antiseptic.

Nettle, Lentil, Celery, Fresh Coconut, Spinach, Cabbage are specially rich in Chlorine.

PERCENTAGE COMPOSITION OF FOODS.

Food Substance	Proteid	Fats	Sugars & Starches	Mineral Salts	Water	Total Solids
Fresh Fruits—						
Grapes	1.3	1.7	17.7	0.5	78.8	21.2
Bananas	1.2	0.8	22.9	1.0	74.1	25.9
Strawberries ...	1.0	0.7	6.8	0.6	90.9	9.1
Apples	0.5	0.5	16.6	0.4	82.0	18.0
Vegetables—						
Potatoes	2.2	0.2	21.0	1.0	75.0	24.4
Cauliflowers (head)..	2.2	0.4	4.7	0.8	90.8	8.1
Leeks	1.2	0.5	5.8	0.7	91.8	8.2
Tomatoes	1.3	0.2	5.0	0.7	91.9	7.2
Carrots	0.5	0.3	10.1	0.9	86.5	11.8
Turnips	0.9	0.1	5.0	0.8	90.3	6.8
Cheese, Milk, Eggs—						
Cheddar Cheese ...	28.4	31.0	0.0	4.5	35.0	64.0
Devonshire Cream...	4.0	65.0	0.0	0.4	30.6	69.4
Milk...	4.0	3.9	5.2	0.8	86.1	14.1
Eggs	14.0	10.5	0.0	1.5	64.0	26.0
Flesh Foods—						
Lean Beef	19.3	3.6	0.0	5.1	72.0	28.0
Mutton (med. fat)...	14.5	19.5	0.0	0.8	65.2	34.8
Veal...	17.0	11.0	0.0	1.0	71.1	29.0
Fat Pork	9.8	48.9	0.0	2.3	39.0	61.0
Chicken	24.3	6.7	0.0	1.4	67.4	32.3
White Fish (sole) ...	11.9	0.2	0.0	1.2	86.1	1.33
Cereals—						
Wholemeal Flour ...	11.4	2.2	71.7	3.0	11.7	88.3
White Flour ...	11.2	1.2	73.6	0.8	12.1	86.8
Cornflour	9.3	5.0	66.5	2.0	14.2	82.8
Oatmeal	15.6	6.1	63.6	3.0	10.4	89.1
Barley	6.7	1.3	75.5	1.1	14.6	84.6

PERCENTAGE COMPOSITION OF FOODS.

Food Substance	Proteid	Fats	Sugars & Starches	Mineral Salts	Water	Total Solids
Cereals (contd.)						
Bran	16.4	3.5	43.6	6.0	12.5	69.5
Rice...	7.8	0.4	79.0	0.4	12.4	87.6
Macaroni	11.7	1.6	72.9	3.0	10.8	89.2
Sago, Tapioca and Arrowroot ...	1.6	0.6	83.0	0.4	14.0	85.6
Breads—						
Wholemeal Bread...	6.3	1.2	44.8	1.2	45.0	53.5
White Bread ...	6.5	1.0	51.2	1.0	40.0	59.7
Crust	5.7	1.2	62.6	1.2	17.1	70.7
Crumb	0.7	0.7	43.5	0.8	44.4	45.0
Pulses—						
White Haricots ...	25.5	2.8	55.7	3.2	9.9	87.2
Lentils	25.9	1.9	53.0	3.0	12.3	83.0
Dried Peas ...	23.8	2.1	58.7	2.1	8.3	86.7
Pea Flour	22.4	2.5	51.3	3.0	14.3	79.2
Green Peas... ...	3.4	0.4	13.7	0.7	81.8	18.2
Nuts—						
Walnuts	15.8	57.4	13.0	2.0	11.8	88.2
Almonds	23.5	53.0	7.8	3.0	6.2	87.3
Filberts	18.4	28.5	11.1	1.5	49.0	59.5
Brazil Nuts ...	16.4	67.7	6.6	3.3	6.0	94.0
Chestnuts	14.6	2.4	69.0	3.3	7.3	89.3
Coconuts	5.5	36.0	8.1	1.0	46.6	50.5
Peanuts	25.5	38.6	24.7	2.0	9.2	90.8
Pine Kernels ...	33.9	37.6	14.0	0.5	5.0	95.0
Dried Fruits—						
Dates	6.6	0.2	65.3	1.6	20.8	73.7
Figs...	6.1	0.9	65.9	2.3	17.5	75.2
Prunes	2.4	0.8	68.9	1.5	26.4	73.9
Raisins	2.5	4.7	74.7	4.1	14.0	86.0

ORGANIC MINERAL SALTS IN FOODS. Grains per lb. of Foods.

Food Substance	Total Salts	Potash	Sodium	Lime	Magnesia	Oxide of Iron	Ph'sphoric Acid	Sulphuric Acid	Silicic Acid	Chlorine
Vegetables—										
Stinging Nettle..	160.9	51.65	3.85	45.55	11.52	7.68	12.61	13.45	6.49	10.72
Spinach ...	146.0	24.20	51.50	17.36	9.32	4.89	14.98	10.05	5.60	9.06
Cabbage ...	86.1	33.40	8.15	15.18	3.44	0.59	11.74	7.56	2.18	1.99
Leek	85.4	26.20	12.06	8.84	2.49	6.49	14.20	6.27	6.28	2.65
Cabbage Lettuce	72.1	27.15	5.43	10.56	5.46	3.76	6.62	2.71	5.86	5.52
Celery (Stalk) ...	58.8	25.38	0.00	7.72	3.42	0.88	7.55	3.28	2.26	9.35
Potato	66.5	39.91	1.97	1.75	3.28	0.73	11.19	4.33	1.35	2.30
Carrot	63.0	23.21	13.30	7.15	2.76	0.64	8.12	4.06	1.50	2.89
Cauliflower ...	58.1	25.70	3.42	3.24	2.12	0.59	11.74	7.56	2.18	1.99
Lettuce ...	55.3	25.40	5.21	3.34	1.20	3.7	4.71	2.15	11.19	2.62
Radish ...	51.8	16.57	10.89	7.74	1.63	1.47	5.62	3.34	0.47	4.72
Onion	49.6	17.90	1.26	11.35	2.31	1.15	8.61	2.82	4.22	1.20
Mushrooms ...	49.0	24.92	0.81	0.49	1.65	0.79	16.50	1.96	0.48	0.43
Cucumber ...	27.3	11.22	2.74	1.99	1.13	0.38	5.46	1.89	2.19	1.80
Cereals and Pulses—										
Lentils	212.7	73.75	28.70	13.47	5.25	4.25	77.10	0.00	0.00	9.84
Oats	211.5	0.81	3.51	7.61	15.07	2.49	55.76	3.76	82.75	1.98

ORGANIC MINERAL SALTS IN FOODS. Grains per lb. of Foods.

Food Substance	Total Salts	Potash	Sodium	Lime	Magnesia	Oxide of Iron	Ph'sphoric Acid	Sulphuric Acid	Silicic Acid	Chlorine
Cereals and Pulses (contd.)—										
Barley	188.1	30.73	7.78	1.39	13.59	3.24	61.74	5.57	54.00	0.00
Dried Pea ...	180.4	77.80	1.77	8.69	14.40	1.50	64.75	6.17	1.64	2.87
Haricot Bean ...	158.0	65.45	1.67	7.89	11.30	0.78	61.20	5.36	1.06	2.83
Wheat	126.7	40.60	2.62	4.11	15.25	1.62	59.75	0.49	2.48	0.40
Rice	70.7	17.71	2.98	2.63	7.82	1.00	38.00	0.35	1.83	0.00
Fruits—										
Strawberry ...	56.6	11.93	16.12	8.05	0.00	3.34	7.83	1.78	6.82	0.96
Cherry	51.1	26.30	1.12	3.82	2.79	1.01	8.15	2.60	4.61	0.69
Plum	46.2	27.32	0.25	4.64	2.52	1.48	6.97	1.77	1.09	0.00
Grape	37.1	20.83	0.53	3.99	1.56	0.14	5.77	2.08	1.02	0.56
Apple	34.3	12.23	18.97	1.40	3.00	0.48	4.69	2.09	1.48	0.00
Gooseberry ...	29.4	11.37	2.92	3.58	1.74	1.34	5.78	1.73	0.76	0.22
Pear	21.7	11.88	1.85	1.73	1.13	0.23	3.30	1.23	0.32	0.00
Nuts, etc.—										
Walnut... ...	142.0	44.10	3.19	12.19	18.50	1.87	62.00	0.00	0.00	0.00
Fresh Coconut...	67.8	29.81	5.70	3.15	6.41	0.00	11.52	3.46	0.34	9.11
Cocoa Bean ...	243.5	136.10	5.50	13.23	27.92	0.07	94.10	8.45	3.68	2.07

Mapleton's Nut Food Co. Ltd.

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